After COVID-19 infection, your student-athlete’s health-care provider will help determine when it is safe to begin a graduated return to play progression based on their medical history, symptoms, severity of illness and previous level of activity.

A graduated return to play progression will increase your young athlete’s activity level and allow you to monitor any lingering symptoms of COVID-19 infection.

Your athlete may begin Phase 1 of the following return to play progression once they are able to complete activities of daily living (i.e. walking around the house, dressing, daily hygiene tasks, etc.) without worsening of symptoms and has been cleared by a healthcare provider for exercise or sports activities.

Throughout each phase, monitor your athlete for the following symptoms:

If your student-athlete experiences any of these symptoms, discontinue activity and return to his or her healthcare provider for further evaluation.

- Dizziness
- Difficulty breathing
- Chest pain/pressure
- Decreased exercise tolerance
- Fainting